

## HEALTHY SNACK IDEAS

At *Fun First Nursery* we encourage healthy eating habits. Your cooperation is essential to establish such habits by sending healthy snacks with your child to the nursery. At this crucial developing stage, your child needs a certain amount of nutrients per day; find attached a list of food with their vitamins and minerals. Please do not send sweets, chocolates and potato chips to the nursery. These are best to be left as treats at home. They provide no nutritional value at all!

Find below some healthy snacks ideas:

- **Milk**
- **Cereal (low in sugar) with milk**
- **Slices or small cubes of cheese**
- **Spread cheese sandwiches**
- **Hard boiled eggs**
- **Soft tortillas with beans**
- **Pasta / Rice**
- **Whole-wheat crackers**
- **Mini sandwiches**
- **Butter and jam sandwiches**
- **Small home made pizzas**
- **Olive bread, banana bread, date bread...**
- **Pita bread with hummus dip**
- **100% fruit juice**
- **Yogurt (plain or flavoured)**
- **Slices or chunks of fresh fruit**
- **Dried fruit (raisins, apricot, plums, pineapple...)**
- **Wedges of raw vegetables (cucumber, carrot, celery, lettuce, cherry tomatoes...)**
- **Applesauce or other fruit sauces**

Each child should have a lunch box with an ice pack inside to keep food and drinks cool throughout the day. If there is any item requiring heating, inform the homeroom teacher or assistant.

Many thanks in advance.

**Fun First Nursery**  
Management

<b>Vitamins &amp; Minerals</b>	<b>Food</b>	<b>Benefits</b>
<b>A</b>	Apricots, butter, carrots, liver, mangoes, melons, red peppers, sweet potatoes, sweet corn , tomatoes...	It helps eyes adjust to light changes and neutralize free radicals in the body that cause tissue and cellular damage.
<b>B Complex</b>	Avocadoes, bananas, cereals (wholegrain), dairy products, eggs, liver, meat, sardines, tofu, dark green vegetables...	It is needed for the proper functioning of: healthy nervous system, energy production, good digestion, healthy skin, hair and nails.
<b>BETA-CAROTENE</b>	Broccoli, cantaloupe melons, courgettes, squash, dried apricots, pumpkins, sweet potatoes...	It strengthens the immune system, increase lung capacity, reduces the skin's risk to sun and DNA damage, and reduces cholesterol level.
<b>C</b>	Black currants, broccoli, cantaloupe melons, cauliflowers, citrus fruit, courgettes, kiwi, nectarine, peach, peppers, potatoes, pumpkin, strawberries, sweet potatoes, dark green vegetables...	It helps cells regenerate and it has a role in slowing the aging process (this hint is for moms!)
<b>CALCIUM</b>	Dairy products (milk-cheese-yogurt), sesame, tofu dark green vegetables,	It provides strength and stability to the body system and helps prevent haemorrhages.
<b>D</b>	Dairy products (milk-cheese-yogurt), eggs, salmon, sardines, tuna...	It prevents skin cancer.
<b>E</b>	Avocadoes, sweet potatoes, vegetable oil, wheat germ...	It is an antioxidant that protects the heart and skin, boosts the immune system and helps prevent cancer.
<b>FOLATE (folic acid)</b>	Broccoli, cauliflower...	It helps prevent changes to DNA that may lead to cancer.
<b>IRON</b>	Beans, bread, cereals, dried fruit, eggs, fish, lentils, liver, pulses, red meat, dark green vegetables, whole meal bread...	It is necessary in the formation of haemoglobin, brain development and function, regulation of body temperature and muscle activity.
<b>MAGNESIUM</b>	Courgette...	It forms bone of tooth.
<b>POTASSIUM</b>	Avocadoes, broccoli, cantaloupe melons, cauliflower, courgettes, nectarine, sweet potatoes...	It helps building muscles and sending oxygen to the brain to facilitate mental clarity.
<b>ZINC</b>	Cereals, red meat, shell fish, sunflower seeds...	It plays a crucial role in growth, cell division, metabolism of the ovaries and testes and in liver functions.